



WHITEBOARD – The Importance of A Balanced, Healthy Diet for YOU!

Why do we need a BALANCED DIET?

- To Nourish our Body with the Necessary Nutrients it needs (Weight Management)
- Improves overall ability/function, general health (Teeth, skin, muscles, bones, organs, joints)
 - Brain/Body Development in Children
 - (Maintenance & Strengthening in Adults)
- Improves our Immune Response
- Improves our Mental Health
- Undernourishment can cause all sorts of physiological and psychological trauma

WHAT should be included in that balanced diet?

MACRO-NUTRIENTS

CARBOHYDRATES	PROTEINS	FATS
~50-70%	~20-30%	~10-20%

SPECIFICS

Carbs include: Fruits (Simple), Grains (Starchy), Fibrous (Veg), Complex (Beans, Rice)

Proteins include: Meats (Seafood, Poultry, Beef, Eggs), Dairy (Milk, Yogurt), Beans/Legumes/Nuts
There are 9 Essential Amino Acids; All together there are 20 + 2 (our sex chromosomes) = 22

Fats include: Vegetables, Oils, Nuts/Legumes, Animal Fat/Fish Oils
 Types of Fats; Saturated, Mono-saturated, Poly saturated, Trans Fats

Dietary Disabilities (Inability to Digest Specific Food(s)) & Allergies

- Celiac Disease
- Gluten Intolerance / Sensitivity
- Lactose Intolerance
- IBS (Irritable Bowl Syndrome)
- Acne Vulgaris
- Nut/(Shell)Fish/Egg/Soy Allergy
- Diabetes – Type 1
- Type 2

WHEN should we eat?

WHENEVER

WHERE should we eat?

WHEREVER

HOW should we eat?

WE'RE MEANT TO EAT TOGETHER

